

QC

FASHION:
A newspaper reporter
needs a versatile
wardrobe **P. 4**

SHARP EATS:
How to feed your family
local organic produce with
minimal effort **P. 20**

WINE WORLD:
Adding bubbles makes
any occasion one to
celebrate **P. 22**



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INDEX

ON THE COVER P. 6



Just a province known for rockies and football. Gladie Seaborn has helped develop fencing clubs in cities across Saskatchewan and has 33 medals from coaches for sport's first ever. **QC COVER BY RICHARD MARJAN**

TABLE OF CONTENTS

FASHION — 4

The adaptable and versatile wardrobe of a news-prior reporter

ON THE COVER — 6

Gladie and Linn Seaborn have thrust fencing onto the spotlight

ON THE SCENE — 10

At the Power of Pink, a fundraiser to support breast health awareness

READ MY BOOK — 11

Explore aboriginal culture and traditional story—telling in Sturgeon Danesook

CROSSWORD/SUDOKU — 12

IN THE CITY — 13

A moment in time: Photographer Michael Bell's shot that defines the week

EVENTS — 14

What you need to know to plan your week
Send listings to: qc@leaderpost.com

OUTSIDE THE LINES — 16

A weekly online rig, motion for kids of all ages for artist Stoshaine Mokhar

SHARP EATS — 20

How to feed your family local organic produce with minimal effort

WINE WORLD — 22

Adding bubbles makes any occasion one to celebrate

FASHION P. 4



Leader Post reporter Dave Foster needs an adaptable wardrobe for work. **QC COVER PHOTO BY RICHARD MARJAN**

QC COVER PHOTO BY RICHARD MARJAN

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FASHION

What's your favourite look for spring?
Email us at QC@leaderpost.com

REGINA FASHION

Dave Fraser: Layered up, stripped down

By Ashley Martin

Dave Fraser's fashion is all about utility.

His style is part and parcel of his profession — he is a reporter at the *Saskatoon Post*.

"We sort of ended to be ready to at least look like we somewhat belong in any situation," said Fraser.

Whether a job takes him to the *University of Saskatchewan*, an elementary school or a house fire, "I try and wear clothes that can suit several different social and business situations," said Fraser.

"I think it's important to try and blend in. It helps with being a fly on the wall that we should try and be a lot of the time as journalists."

He keeps a wardrobe in his car — a rack for and blazer, rubber and steel-toed boots, a rain coat and gloves.

"I try to keep myself pretty ready to go for anything — that's work purposes."

But even on a personal basis, Fraser likes versatility.

"Lately, I find it's very easy," he said, pointing to the three shirts he had on. "If I go out for drinks after work tonight and want to dress it up, I can just easily take this (button-down) off and be a little bit more casual."

"I like being able to literally just take off my dress shirt and roll it up and put it in my back pocket and then I have another shirt on underneath."

Shopping down rarely costs him clothing, although he lost two shirts at January's *Doth From Above 1979* concert in Saskatoon.

"The show was a million degrees and I was in the margin the entire time, so I ended up taking off basically all my shirts except for my undershirt. They were gone pretty quick and lost in the abyss. It was OK. They were old shirts."



Leader Post reporter Dave Fraser sports his versatile look. QC photos by Josh Stills

FASHION



1. MOTORCYCLE JACKET: A gift from his girlfriend Madeline Kotler. Size Forever 21. "It's not real leather."

2. SLIM JACKET: He found it while thrift shopping and bought it because, "I didn't have a brown dress coat. It fit and it was cheap and it was pretty easy. It's got a cool sort of western type line in the back that I really like."

3. BUTTON-DOWN SHIRT: Le Chateau. He got the shirt, a tie and socks for exactly \$100.

4. POLKA-DOT SHIRT: Forever 21. "I've always loved having some sort of pattern in my shirts. For the longest time that was stripes and I think that was just because stripes were the coolest thing to find." Lately more patterns have popped up—floral, bicycle, paisley. "I like that a lot."

5. UNDERSHIRT: Trauer has worn undershirts since high school. "To be honest, I probably did it because I was a really sweaty high-

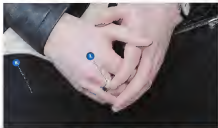
schooler and I thought maybe if I had an extra shirt on it would make my sweat stains... I just got used to it and kept doing it."

6. WATCH: Casio from Code Accessories. "I keep pretty simple. I like classic-looking things."

7. RING: A Christmas gift from Madeline.

8. PANTS: Discount American Apparel from Winners or Value Village. These pants aren't his preferred pants; are jeans. "You can wear them in a casual situation, they look enough like dress pants and you can pull them up and play airport in them super easily so they're really awesome."

9. SHOES: Converse sneakers. "They last for a long time" and he has worn by them since Grade 7 when he got his first pair of light red high-tops. These ones are two years old. "I've worn them all around music festivals, they've been stomped on—I wear them traveling. They're the comfort shoes."



ON THE COVER

Claude ... created fencing in Saskatchewan. He's helped it to flourish and he's helped it to grow. — Shannon Comerford

CLAUDE AND LYNN SEGUN

Saskatchewan's first family of fencing



Provers Leland Gaultier and Shannon Comerford, who train under Claude and Lynn Segun in Saskatoon, are heading to the Pan-Am Games in Toronto in July. CP PHOTO BY JENNIFER MALLON

By Sean Tremblath

In the world of fencing, one family name runs above all others in Saskatchewan.

The Seguns, and particularly their patriarch Claude, have established a legacy in the sport. Claude is the first Canadian-born fencer to achieve the rank of Fencing Master, an international standard that requires very high proficiency in all three weapon classes, foil, sabre and epee.

Since coming to Saskatoon in the late 1970s, Claude has overseen a great fencing tradition

in the province. Local fencers have competed at every level, including the Olympics.

"Claude, I mean, he has created fencing in Saskatchewan. He's helped it to flourish and he's helped it to grow," says Shannon Comerford, who is preparing for the yearlong process of qualifying for the 2016 Summer Olympics in Brazil.

"It's hard to find words to explain what he's done."

Claude's wife Lynn, a decorated athlete herself, has stepped into a coaching role alongside many of Claude's other proteges. His son Jean

Perre is a former world champion at the senior (U-21) level.

"I've accomplished more than I set out to. I didn't expect to accomplish this much. I've trained some good coaches and good people," Claude says.

At 66, Claude is in the process of preparing the province's clubs for his eventual retirement, whatever that looks like. He calls it his "plan of succession." He jokes that he'll die in the fencing club, but recognizes the need to pass the torch to the next generation of coaches.

"It's just keep going, but my role is going to

be less and less," he says.

Claude was interested in fencing before he ever picked up a blade.

"I saw it on TV. The '67 world championships in Montreal. I said, 'that's what I'd like to get into.' And then when the opportunity came, I did it."

That opportunity came in the early '60s. He started training under an immigrant from East Germany. As he pursued a degree in physical education at Lakehead University in Thunder Bay, Ont., Claude founded two clubs, one for the university and one for the city.

It's not a passive coaching sport. You don't stand on the sidelines orchestrating what's happening on the field. The coach is as physically engaged as the athlete. — Jean-Pierre Segum

He already knew he wanted to make fencing his career, but didn't know if it was viable. After asked he spent some time coaching in Winnipeg. Then a job came up in Saskatchewan, coaching the provincial team for the western Canadian Junior Games. Claude moved to Saskatoon on July 8, 1995. He has been here ever since.

It took a while before he was able to produce any top-level athletes. There was no real fencing tradition in the province when he arrived. As with anything else, coaching the upper echelons takes time and dedication.

"It's the old rule, 30,000 hours or 10 years. That's as any sport to get anywhere near the top, or at least get into the position to risk, do I have a shot?" Claude says.

His first truly elite fencer was Allan Prosser, who competed in the 1996 Olympics in Barcelona and Terry Nelson, a top-8 fencer at a few

World Cup events and member of the Canadian national team.

Meanwhile, his son Jean-Pierre was rising through the ranks.

"This was his hero," Claude says. In 2000, Jean-Pierre reached the top of the mountain, winning the cadet world title in Vaulx.

"I was just happy to have one of my athletes winning it. The last that I saw my son was a little bit overwhelming. I didn't expect that," Claude says.

Lynn remembers waking up early every morning back in Saskatoon, checking the results online. When Jean-Pierre finally did it, she started trying to track them down in Turin.

"I tried to phone them, and they were already parting by the time I got hold of them. As soon as he won they were out on the town. It was huge," she says.

Continued on Page 8



Fencers practice at the Segum's Saskatoon Fencing Club. GCPHOTO BY HONOR MALLAN

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I was just happy to have one of my athletes winning it. The fact that it was my son was a little bit overwhelming. I didn't expect that. — Claude Seguin

Jean-Pierre says the victory was obviously a special moment, but played down the father-son connection.

"I'm sure for him as a coach, he always wants the best for his athletes, including myself," he says.

Coaching fencing is different than a lot of sports, Jean-Pierre says. The coach spends countless hours in the gym with the athletes, often acting as the target.

"It's not a passive coaching sport. You don't stand on the sidelines spectating what's happening on the field. The coach is so physically engaged on the athlete," Jean-Pierre says.

The coach-athlete relationship is also responsible for Claude and Lynn's marriage.

Lynn began not as a fencer age officially, but as a modern pentathlete. Modern pentathlon is an Olympic event since 1912, was founded as a test of the skills necessary to be a "modern" soldier. Athletes compete in running, swimming, shooting, equestrian and of course, fencing.

Lynn Chénoderey was a world champion in 1983 and was named Canada's female athlete of the year in 1984. She lived in B.C.'s lower mainland. She started coaching fencing for the local modern pentathlon club.

She was asked to coach an B.C.'s women's fencing team, but required a higher level of coaching certification. Claude was one of the judges on the certification panel.

After her term, Claude approached to offer her coaching. She started to travel to Saskatoon and train with him.

"It was always a nice welcoming club, and the city was nice because it was sunny and Vancouver was always raining," she says.

In 1993, she moved here. In 1998 they were married.

Lynn is now a Fencing Master herself and finally embraced as a coach. She hopes in one day have one of her personal pupils make the Olympics.

She is also a large part of Claude's success plan for the future of the sport in the province.

"There has been a lot of thought in it," she says.



Claude Seguin was inducted into the Saskatchewan Sports Hall of Fame in 2005. FILE PHOTO BY DENNIS MALINA

While still somewhat under the radar, the sport has proliferated greatly since the days when Claude first arrived. The only two clubs were in Saskatoon and Regina. Now there are clubs in Moose Jaw,

Prince Albert, Swift Current and Anquith.

Claude feels a personal stake in all of them. He made sure every club had a coach with at least a level three certification.

"I can't work with every single athlete in the province, so the way to do it is educate the coaches," he says.

There's a kinship between the clubs, according to Jean-Pierre.

While they compete hard, everyone is happy to see anyone from the province succeed.

"We were just kind of all in it together, and trying to support each other," he says.

I think he always considered it a huge accomplishment, not for him necessarily, but a huge accomplishment that fencing, as a sport that's relatively unknown in Canada, could survive here. — Jean-Pierre

Jean-Pierre has stepped away from serious competition, but that doesn't mean he has left the club. His focus is now on law school at the University of Saskatchewan. He still makes time to help out some of the up-and-coming fencing in Saskatoon.

"Like anyone who has benefited so much from an organization or a sport, it's just going back in time of time," he says.

"I guess you so much that to not give back doesn't just feel wrong, the thought of it doesn't even cross my mind."

Lynn jokes that Jean-Pierre may have a big role in the club's future than he realizes.

"Jean-Pierre doesn't know it yet, but he's going to be a coach. He's really good," she says.

Clairfield's contribution to the province was already recognized in 2008 when he was inducted into the Saskatchewan Sports Hall of Fame. "It was sure to be accepted," he says, adding that the low profile of fencing makes it a particular accomplishment. He makes sure to credit the coaches and athletes he has worked with for his success.

"I think he always considered it a huge ac-

complishment, not for him necessarily, but a huge accomplishment that fencing as a sport that's relatively unknown in Canada could survive here," Jean-Pierre says.

He takes pride in coaching abilities that are successful not only in fencing but in life. He says a large portion of his training goes on to get university degrees. He feels that by pushing them to excel in fencing, he teaches them to do the same in other venues. Not to mention how good a national championship looks on a resume, regardless of industry.

So as Claire looks toward the end of his career, his legacy is firmly established. The Regina family and the fencing tradition they have forged, will live on in the athletes the province produces. Athletes like Shannon Corner, Kirk, who endorses that legacy and feels like a representative of that tradition as he prepares to embark on his quest for the 2016 Olympic Games.

"Whenever I travel, I'm so proud to say I'm from Saskatoon. Nobody knows where that is, but being a small town girl I'm so proud to say where I'm from and tell them of the excellence we have here."



Jean-Pierre of Saskatoon, right, poses with Guillaume Angueux of Sherbrooke, Que., at the Canada Winter Games in Whistler in 2007. © PHOTOS

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Please visit Designregina.ca/cultural-plan to read more about the plan, review the five goals and complete a short survey.

You can also submit your questions or comments to culturalplan@regina.ca.

Feedback will be accepted until May 8, 2015.

We thank you for your feedback and contribution to cultural planning



**CULTURAL
PLAN**

City of Regina



ON THE SCENE

THE POWER OF PINK

The Power of Pink exceeded expectations. Organizers had hoped to raise \$100,000 on April 16 to benefit breast health. But by the end of the night — thanks in part to a \$50,000 donation from Casino Regina — the fundraiser had brought in \$225,000.

The event, which is held every second year at the Casino Regina Show Lounge, was sponsored 10 years ago by cancer survivor Pam Klein and a core group of community-minded women.

The fundraiser supports the Hospitals of Regina Foundation and Regina's Regional Breast Assessment Centre. In addition to raising funds to help purchase equipment and technology that aids in the early detection of breast cancer, proceeds from The Power of Pink help support rehabilitative services.

Once again, the event featured a fashion show showcasing Saskatchewan talent, including fashion designers Dean Krenick, Matt Donnelly, Beata Ritzmose, Darine Schlosser, Sonya Giffan Temple, Laurie Brown and luxury jewelry designer Rachel Meeks of Wilberg and Beck.

QC PHOTOS BY DON HEALY



1. Nazim Lynn and Kiley Beach

2. Donna Kalkbrenner and Velveteen Reumann

3. Angie and George Reed

4. Kelly Scriver, Colleen Lynch, Leah Begler and Michelle Roland Semmens back

5. Maria Ricci and Anna Barone

6. Lisa Peters and Michelle Strawford

7. Lori Weiss, Mary DeGelman and Sue Zientars

8. Karen Yemick and Karen Stevens

9. Gerry Fisher, Candace Fisher and Jack Deelman

10. Pam Klein with organizer Pam Klein

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#ARNOLD JAMES ISBISTER

Fireside tales put down on paper in Strange Bannock



Arnold James Isbister

I am First Nations, an author and a visual artist. In this book, I paint you another world. I hope you will enjoy and remember.

Storytelling and bannock are staples in our culture that don't seem to have changed much over the generations. We think of bannock as being never changing and kind of boring. But, what if we added some foreign ingredients like raisins, garlic or cinnamon?

That's the idea behind this book. The old with the new in a culture evolving as it grows, yet keeping the past. I present a model for the reader to see what we see, feel our history and maybe share a laugh or some tears.

Stories are like old bannock rec-

ipes, trusted and true. Then there are the new ones carefully created to be shared and felt. By accident or intent, then, we drastically change the ingredients and taste. On this creative journey the baker and I offer a taste of the familiar along with the new — and the strange.

The stories in this book are a compilation of a wide composite of tales, history and fact usually told around a wood burning stove or around a fire on the trapping line. They don't have reason or scheme in the order they are told but have similarity in the digressive recipe of spirit, dialogue and intention. The stories are either the legends offering a slice of our life to teens and adults alike. They are bound together by the art of the au-

thor storyteller — a shaman of words who weaves fantasy and fact.

All are connected in the place tribes who have for generations passed on their knowledge, education and history through the ancient art of storytelling. Accompanying these stories are historical parallels with hereditary lessons, legends, romantic tales and dark or silly anecdotes you will remember with a smile. There is a story for everyone, young and old.

An old friend at long last told me, "Time changes, but not bannock." Bannock does change as the stories tell above; some are even strange.

This book is available at McMillan's Bookstore in Saskatoon, Indigo Books and others.



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IN THE CITY

APRIL 19, 2015 — 12:45 P.M.

The world keeps turning



Issue: Soudie chases an inflatable globe down a hill while at a Blue Dot Movement event held in Maclean Centre in Regina. The movement calls on governments to recognize people's right to fresh air, clean water and healthy food. PHOTO BY MICHAEL BELL.

EVENTS

MUSIC

Wednesday, April 22

Wednesday Night Folk: Steve Weber
 Bushwick, 2205 Dewdney

Open Jam
 6-10 p.m. Creative Community Centre, 605 4th Ave.

The Alley Owls
 Locofox's, 2330 Albert St.

Twice Told
 Casino Regina Show Lounge
 1610 Saskatchewan Dr.

Thursday, April 23

Country Boogie Sing-A-Long
 7 p.m. Our Lady of Peace, 425
 Broad St. N.

Live music
 Flat Bedon, 1952 South St.

Explos, Homebrews, Orem Me, The Me and the Me-isms, Stepping Stone
 The Club at the Exchange
 2431 Eighth Ave.

Brian Kelly
 The Pump, 641 Victoria Ave. E.

Plano Bar
 2171 Dufferin, 3611 11th Ave.
BJ Baby Quads
 McNally's, 2226 Dewdney Ave.

Kareoke
 8 p.m.-2 a.m. The Sp, 305
 Albert St.

Friday, April 24

Weekly Down Clinic
 Instruments provided for
 Clinic, 3015 Dean Dr. Gift
 Miles, 326-555-3991.

Renee Lee and the Regina
 Jay Greenhous
 Casino Regina Show Lounge
 1610 Saskatchewan Dr.

Tin Vagabond
 McNally's, 2226 Dewdney Ave.

Brian Kelly
 The Pump, 641 Victoria Ave. E.



Andrea Sack plays Friday at the Artful Dodger.

The Milkman's Book
 Turnburs, 2128 Grant Rd.

Michael Trigg, Beautiful LHO, Living Hour
 Oxbow, 4731 South St.

Brian Templer Trio
 The Lounge, 4329 Gordon Rd.

Josh Gonzalez, Andino Bure, Poor Nameless Boy
 Artful Dodger, 1631 11th Ave.

Ben Whitsell, Hell Hounds, DGS
 The Exchange, 2431 Eighth Ave.

Kareoke
 8 p.m.-2 a.m. The Sp, 305
 Albert St.

Saturday, April 25

Open Assembly Jam
 2:30-6 p.m. Broadway
 Lounge, 1027 Broadway Ave.

Live music jam
 All types of music welcome.
 Hosted by Emmet Kristiansen
 Every Saturday, 4-8 p.m.
 The Sp, 305 Albert St.

Lee Wilson, Dan Hurlbert, Alex Mullick

New Performing With Universal Applause
 An all English program featuring an open by J.C. Smith (The Finkies), by Per Sensation (P.M. 3000 Metropolitan United Church)

Tin Vagabond
 McNally's, 2226 Dewdney Ave.

Brian Kelly
 The Pump, 641 Victoria Ave. E.

Kareoke
 8 p.m.-2 a.m. The Sp, 305
 Albert St.

Sunday, April 26

Open Jam
 Every Sunday 3-6 p.m.
 Mojo Club, 639 Victoria Ave.

Ensemble Caprice
 Festival Quartet
 3 p.m. University Theatre, 1 of
 H. H. H. Centre

Def Leppard
 Brandt Centre, Elm Park

Kareoke
 8 p.m.-2 a.m. The Sp, 305
 Albert St.

Monday, April 27

Monday Night Jazz & Blues
 Int'l Jazz Scene
 Bushwick, 2205 Dewdney

Open Mic
 Artful Dodger, 1631 11th Ave.

Kareoke
 8 p.m.-2 a.m. The Sp, 305
 Albert St.

Tuesday, April 28

Kareoke
 McNally's, 2226 Dewdney Ave.

Gordon Testerman, Jason
 Hurlbert
 The Club at the Exchange
 2431 Eighth Ave.

Kareoke
 Artful Dodger, 1631 11th Ave.

VISUAL ART

Tracie Middleton Joy is just
 reaching with the really
 strong sense of purpose
 An immersive installation
 by Montreal-based artist
 Tracie Middleton. Her precise
 open posture, catwalk and
 debris from consumer culture,
 scenic elements, byproducts
 from studio production, and

with an underlying and soft
 supplies.

**Until April 22, Dunlop Art
 Gallery — Sherwood Village
 Branch, 6021 Medford Drive**

David Samuels: In the Moment
 and other Quilt Portraits
 April 22-24 p.m. Arts Gallery,
 305-3300 Broad St.

Reprint
 April 22, 10 a.m.-5 p.m.
 April 23, 9 a.m.-5 p.m.
 April 24, 10 a.m.-5 p.m.
 Creative City Centre, 1643
 Hamilton St.

Open Session Life Drawing
 No formal instruction and all
 skill levels are encouraged. The
 model will be nude with the
 exception of a few special costumed
 sessions. Please bring your
 own drawing materials
 \$10 per drop in session.

Thursday, 7-10 p.m.
 Creative City Centre, 1643
 Hamilton St.

Quelbec
 Susan Bock and Evan Tyler's
 two-person show of performative
 photography. Both
 artists use their multi-media
 which artists create in
 in drama that each directs
 and then visually records
 until April 24, 5 a.m.-3 p.m.
 Monday to Friday
 U of R University Club, College
 West room 205

**Annotated Topography of
 Place**
 This exhibition by Amber
 Phelps Sanderson is a po-
 etic combination of personal
 experience, reflection and
 narration of places, spaces,
 people and things from recent
 surrounding environments. It
 is inspired by the 1983 novel
 An Annotated Topography of
 Chance by Flannery O'Connor.

April 23-26, 9 a.m. to 5 p.m.
 Creative City Centre, 1643
 Hamilton St.

**Wednesday, April 22, Mike
 Kasper and Leslee
 Marchand**
 April 24-May 10
 Opening Reception: April 24,
 5-9 p.m.

Assiniboine Gallery, 2265 Smith
 St.

Annual Salon Show
 until April 25
 Art Gallery of Regina, Neil Ball-
 win Centre Arts Centre, 2420
 Regent Ave. S.

Art Battle Grande
 Twelve local artists paint
 twelve in 30 minutes, audience
 votes on the champion.
 April 25, 7 a.m.
 Creative City Centre, 1643
 Hamilton St.

Joe Feland: Van Anns
 With a determination to pass
 message to fellow artists,
 Feland has taken on the chal-
 lenge of 16 bronze portraits
 until April 29, State Fine Art
 Gallery, 2078 Halifax St.

**Landscape and Sky Con-
 temporary Canadian Fine Art**
 The Artists of Saskatchewan
 Fine Arts

**until April 30, Regina Centre
 Creative, 1021 Albert St.**

Wanted: Ground
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Nowcast Gallery
 2145 Albert St.
 Open Tuesday to Saturday, 10
 a.m.-5 p.m.

Owls and a Fine Arts
 art and fine arts by
 new artists Lingtao Jang and
 Huaiyi Tian.
 2332 Smith St. Open Monday
 to Saturday, 10 a.m.-5 p.m.

COMEDY

**Spenny "Celebrity Sexxy
 Singer" with Dan Walsh**
 April 22, 7 p.m.
 McNally's, 2226 Dewdney Ave.

Plus the Hot
 April 24, 9 p.m.
 The Club at the Exchange
 2431 Eighth Ave.

The Laugh Shop
 Live standup every Saturday
 night, 9:30 p.m.
 Riverside Hotel, 1618 Victoria
 Ave.

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

PERFORMANCE

The Fierste Queen
Royal Winnipeg Ballet
April 22, 7:30 p.m.
Cassius Arts Centre,
300 Lakeshore Dr.

Dinner Theatre
Featuring Neil Coker's mystery comedy *The Crazy Quilt Club*.
Particulates, call 326-543-0118
April 22, 7:30 p.m. (dinner theatre) \$37
April 23-25, 8:30 p.m. (dinner theatre) \$39
New Hope Lutheran Church,
370 Mainland St.

Dinner Theatre
Featuring comedy/improv *Out of Sight... Out of Mind*.
Call 306-943-2636 for tickets.
April 24-28
April 26 (dinner theatre)
St. James United Church,
4566 Sherwood Dr.



The Fierste Queen (left) & *Bringing The Fierste Queen to the Cassius Arts Centre on Wednesday*

A Date With The Night
Unit 4 April 26
Cassius Theatre, 1801 Scotch St.

Commerical Blues
Unit 4 April 26
Cassius Theatre, 1801 Scotch St.

Living Poets Society
Spoken word open mic night

Every Tuesday, 9 p.m.
Hookah Lounge, 215 Broad St.

New Dance Horizons House of Dance
Open Heart Fold: Connie Maken Wernikowski
A Moment in Space: Caitlin Coffin, Michelle Korpan and Roxanne Korpan
April 26, 7:30 p.m.

April 26, 5:30 and 7:30 p.m.
April 27, 1:30 p.m.
NDH Studio Theatre, 2307
Hewley St.

BOOK AWARDS

The following readings take place at Central Library, 281-12th Ave.

SBA nominee reading
April 23, 7 p.m.

Keynote by Anthony Solis
April 24, 7:30 p.m.

Reading by Anthony Solis
April 25, 11 a.m.

Reading by Arthur Solis
April 26, 1 p.m.

Reading by SBA nominee
April 25, 2:30 p.m.

Reading by SBA nominee
April 26, 1 p.m.

Reading by SBA winner
April 26, 2:30 p.m.

DANCING

Seniors dance
April 24, 4-6 p.m.
Eastview Community Centre,
615 9th Ave.

CLUB 66 DANCE

Featuring Len Geddes.
April 24, 8 p.m.-midnight.
Regina Senior Citizens Centre,
2145 Waplesburg St.

Regina Ballroom Dancing Club Practice Dance
April 25, 1:30-10:45 p.m.
Lakeshore United Church Hall,
300 Lakeshore Ave.

Friday Night Dancing
Hosted by Adult Social Dance Group. \$5 per couple includes

tea and coffee.
Every Friday, 8-10 p.m.
St. Mary's Anglican Church,
3330 16th Ave.

Contemporary Singles Social Club dance
April 25, 8:30 p.m.-11 p.m.
Hedges Club Hall, 1600 Hedges St.

SPORTS

Spring Kickdown
High Impact Wrestling
April 24, Highland Curling Club, 348 Broad St.

Lensdale Bowling: Battle of the Masters
April 26, 7:30 p.m.
Compass Arts Centre,
300 Lakeshore Dr.

Harlem Globalstriders
April 25
Ernest Centre, Emma Place

ROYAL LEPAGE is having it's 7th Annual

HUGE CHARITY GARAGE SALE!

Come and join us on
Friday, May 1 • Noon-8pm
& Saturday, May 2 • 8am-6pm
Communicate Rink
201 Great Plains Road, Emerald Park

Come join all of the bargain hunters as we host our 7th Annual National Garage Sale for Shelter.

This annual event brings local residents together with Royal LePage Realtors® to raise much-needed funds and awareness to help break the cycle of family violence.

One hundred percent of all funds raised at the Royal LePage Regina Realty Garage Sale for Shelter will support Regina's local women shelters, Isabel Johnson Shelter & the Sofia House.

DINO BOUNCER, FACE PAINTING, HOT OGS, RAFFLE AND MORE!

It's a day you don't want to miss out on and is fun for the whole family! If you're interested in making an in-kind donation or would like to donate gently used items for the garage sale you can e-mail rlregina@rlsupportforshelter.org

100% of the proceeds support the Royal LePage Shelter Foundation - www.yqrhomes.ca

National
Garage
Sale
for Shelter

royal lepage
shelter foundation

ROYAL LEPAGE
REALTY

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

Pils O' Blues Derby Club roller derby

April 23, 7 p.m.
Calleo Curling Club, 2325 Sandra Schmirler Way

#FORFAMILIES

Stars and Striders

Wednesday, 1 p.m.
Chinook Indian Southland Mall,
3025 Gordon Rd.

Roll & Difference

Combat bullying through baking special kindness with a cookie on Wednesday, 2-7 p.m.
Beverly Ambrosia Bakeshoppe, 230 Winnipeg St. N.

Drop-in crafts and gym

Free event for youth aged 5-18
Thursday, 4-6 p.m.
Eastview Community Centre, 615 615 Ave.

Drop in Indoor Playground

Friday, 9-11:30 a.m.



The Pils O' Blues Derby Club's season opens Saturday. QC PHOTO BY MICHAEL BELL

South Lakeshore Centre, 176 Sunset Dr.

7th Ave.

Mom and Tot Baked Baking

Hosted by Kate Murray, 306-310-2511

Friday, 10-11:30 a.m. Early Learning
Family Centre, Scott College, 3350

Earth Beats Family Dance Party

8-9 p.m., \$10 family of four
April 24, 6-30, 8-30 p.m.

Royal Saskatchewan Museum, 2445 Albert St.

Build and Grow Clinics

Build a special future project for children ages 5 and up
Saturday, 10 a.m.
Lowest, 4555 Gordon Rd.

Michaels Kids Club

Saturday, 10 a.m.-noon
2046 Prince of Wales Dr.

Family Passes for Movies

Enjoy a favourite film for just \$2.50.
Saturday, 11 a.m. Galaxy Cinema,
420 McCarty Blvd. N.

Family activities

Saturday and Sunday, 2 p.m.
Saskatchewan Children's Centre, 2803
Powderhouse Dr.

Earth Week

Until April 25
Revel Seak Museum, 3445 Albert St.

Family Studio Sundays

Sunday, 3-4 p.m.
Mosaic Arts Gallery, 3475 Albert St.

Potent and Preschooler Juggle Open

Monday, 9:30-11 a.m.
Al Bishri Family Wellness Centre,
455 14th Ave.

Science Time for Kids

Interactive workshop aimed at early learners.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2923
Powderhouse Dr.

Drop-in crafts and gym

Free event for youth aged 5-18. Tuesday, 4-6 p.m.
Eastview Community Centre, 615 615 Ave.

#MUSEUMS

Alan Watts & Richard Museum

1002 Fourth Ave.
Youth appointment only (306-525-3000)

RCMP Heritage Centre

9927 Denison Ave.
Open 11 a.m.-5 p.m. daily.

Carpet Cleaning Special *Alpine*

\$80⁰⁰
Living Room
& Hallway

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Todd Lantz
Owner/Operator

Medieval Hungarian King's Feast



REGINA HUNGARIAN CULTURAL & SOCIAL CLUB - DINING ROOM

Featuring our show for Kings and Queens enjoyment:

Five Swallowers / Elastic sword dances

NO FORKS OR KNIVES

CANDLELIT DINING

Saturday, April 25th, 2015

FEAST TIME: 7:00 PM

\$30 PER PERSON FREE UNDER AGE 5

ADDITIONAL TICKETS ONLY - LIMITED TICKETS AVAILABLE

1925 M'ARA STREET

306-305-9445 OR 306-522-8182

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LEADER-POST

ASK ELLIE

A relationship needs more than one person to work

Q: The guy I like, and have known for three years, suffers from depression. He says he's had feelings for me since the beginning, but he doesn't want anything serious right now. We've both had short relationships within the time we've known each other, but the spark between us has always sort of been there.

I want to be serious with him. He said and doesn't want to hurt me and shouldn't be in a relationship. But I just can't. I want to be with him. I want to help him through this, and hope for the best? Or should I just learn to live with him and move on?

A: A relationship isn't there, or what's only one person wants.

He's been very close and also very far. He can't handle a serious relationship. That's why he's only had short-term commitments.

He knows what he experiences through this depression and doesn't want to bring you closer, knowing that his condition might cause him to hurt you in some way such as through distancing, or rejection

Ask Ellie



But friends if you love him, but do NOT have expectations of him helps him. He needs to deal with his treatment — whether therapy alone or with medication.

The best "help" you can give him is to encourage him to continue treatment, and avoid pursuing your own interests regarding him while opening his wishes.

Q: I was a former pro athlete, but when I retired, since childhood, I was really interested in that life. My injury forced me out almost 30 years ago. I know that career that life, is over, but object to being in the real world on the inside.

I keep mentally thinking all I need

is one good chance and it can all be restored.

My attempts to start a new career have been thwarted several times. I've been back to graduate school three times, and each time was interrupted by an international soccer player's medical problems, and other distractions. I've been unable to control or alter.

How do I live in Quebec then as also a major problem with the language barrier is far as work is concerned.

I've always worked and supported myself, but it has mostly been with every kind of physical job. I've almost accepted that will be my life, since I enjoy physical labour, moving, being active.

But new pain and complications from my most recent surgery have left me with a significant risk of my injury I cannot do heavy lifting, bend, kneel, squat, stretch, run, or sit for longer than 30 minutes.

It eliminates the one satisfying thing I live — activity — and leaves me dependent for serious household

chores.

No sports, no gardening, no yoga, no physical exercise at work.

Yes, I'm on therapy. Still forcing myself to exercise, volunteer work. But the doctor just says: keep. I find no hope for improvement. Even stability meaning accomplishment, or at least without pain.

LIVING WITH SUFFERING
A. Stay with your therapy but also investigate some additional modes of positive thinking and stress coping, such as meditation, breathing exercises, etc.

Realizing with people you like, volunteering and working to feel some independent accomplishment at any level will prevent allowing yourself to be isolated.

You need to stay mentally stimulated through conversations, travel, exploring new ideas, whatever builds your interest.

I look forward to hearing more of your suggestions through eletters@times.

Q: My brother isn't allowing chil-

dren at his wedding reception. We feel offended by this as we don't trust anyone to watch our child. We never leave our kid with a babysitter.

We've told them we won't come.

Angry Sister
A. It sounds like you both got the same information.

Just as you have a right to decide not to use a babysitter to have a right to decide not to have children present at his wedding.

It's not an uncommon decision, nor is yours. Many people have found a workable solution to this and so could you — if you're both willing.

You could bring a trusted person (family member or close friend, not a hired babysitter) to be with your child and some top books, etc. in another room nearby where the regulars' being held.

You could periodically check on the child past steps away and leave early.

If you want future sibling harmony it's worth considering.

Spring FEVER Sale

30% off REGULAR PRICE

OLD FASHION FOODS	B-3 NACIN	BERMELAIN	CALMING	50th Anniversary
CAFFEINE 1000 mg 300mg \$19.95 (Reg. \$24.95)	B-3 NACIN 1000mg \$19.95 (Reg. \$24.95)	BERMELAIN 1000mg \$19.95 (Reg. \$24.95)	CALMING 1000mg \$19.95 (Reg. \$24.95)	
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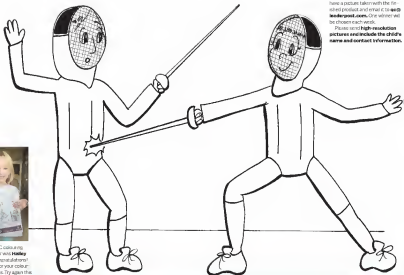
OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to cg@leaderpost.com. One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Haley Peterson**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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SHARPEATS

SASKATCHEWAN FOOD SCENE

Getting local organic produce with minimal effort

By Jenn Sharp

Buying a CSA share is an ideal way to have local, organic produce all summer with minimal effort.

Becoming part of a community supported agriculture (CSA) business means you'll get fresh produce throughout the season from growers in Saskatchewan. Some even offer shares that extend during the winter months. Consumers share in the bounty but also share in the risks of farming (inclement weather can affect crop yields).

If you want to become a CSA member, you purchase a share of the anticipated 2012 harvest. Members receive orders of produce weekly or bi-weekly at central pickup locations. Some CSAs have the option of adding on eggs, meat or honey.

For those living in Regina, there are two places to buy weekly produce boxes from Saskatchewan growers without committing to a regular share.

The only herbaceous vegetable grower CSA in Saskatchewan is Pay Dirt Farm, located near Wapiti. Owners Chris Black and Patricia Robertson follow the traditional CSA model, which supports the vegetable grower.

"This tried and true method creates a sustainable economic model," says Robertson. "This approach builds a stable local vegetable source for members."

They're also committed to food purity and seed diversity. Pay Dirt Farm's open pollinated herbaceous seed varieties are sourced from independent seed companies and the organically grown vegetables contain nutrient-rich vitamins and minerals. The couple also likes to experiment with new and unusual, sweet and...

Shares are considered an investment in Pay Dirt Farm.

"We pay dividends in premium herbaceous vegetable varieties, which are harvested the same day for our members," says Black. "A member's seasonal investment allows us to sustain the herbaceous organic vegetable operation from year-to-year... and members get to enjoy super healthy vegetables."

Chen-Burton Urban Farm is a tiny CSA in Saskatoon built on a wholly sustainable business model. Jared Regier will make all vegetable deliveries on his bike, which has a trailer capable of hauling 100 kg. He's also planning on hiking to each of his three garden sites in the city.



Jared Regier has started transplanting garden plants for the 2012 growing season. Regier operates the Chen-Burton Urban Farm on several different garden plots in Saskatoon and makes all the produce delivered to by the OC. Photo by Jenn Sharp

"I'm going to be dirt 'n' me up with a drizzle of taking to the garden and making the delivery. But it's something that we really care about proving that it's possible."

He and wife Rachel taught the Earthship program, which educates Grade 10 students about the environment, at Aden Line High College.

"We're been teaching people about growing food for a while now. Finally [we were] just picking to get out there and do it ourselves and share it with people."

Regier says local, sustainable food is hard to find.

"Even though we produce a ton of food in this province, most of it is grain and meat of

it's shipped away."

He also understands the time constraints on many farmers. From how time is spent at the end of the day, Regier's share in his CSA allows families to keep their lifestyles the same, while supporting a sustainable farming model.

He is delivering to people's homes in Saskatoon over neighbourhoods. All the shares are sold out for the 2012 season. He wanted to keep it small for the first year but will expand in 2013. Visit www.chenburtonurbanfarm.com to be put on a wait list.



Patricia Robertson, owner of Pay Dirt Farm, is shown with some of last year's harvest. Photo courtesy Pay Dirt Farm/OC

Jenn Sharp is the food columnist for the Leader-Post.
Twitter: @jennsharp

SHARP EATS



Goat check with a bale of organic sawdust used to keep the woods at Top of the Farm the vegetable row at Top of the Farm. www.topoffthefarm.com

SASKATCHEWAN CSAs

ETOM AND ORGANICS ECOFARM: WWW.
EATWECOFARM.COM

Keith New operates his organic CSA near Hudson Bay. He delivers twice monthly in the summer and once a month in the winter to Saskatoon, Regina, Moose Jaw, Yorkton and Prince Albert.

CSA shares are for the 2015-16 season, beginning May 1 and are \$80 per month payable via consolidated cheques or auto-debit. A full-year double share is \$160 per month. Reef shares and capers also available.

PAYDERT FARM HERBLOOM CSA: WWW.PAYDERTFARM.CA

PayDirt Farms follows the CSA field to fork model, which equals six pickups per season at an east side Saskatoon location mid-June to mid-October.

Each member can expect to receive six share containers of organic vegetables plus a big bag of organic potatoes. A 2019 share is \$600 for the season.

Not CSA's but offer a way to support
Saskatchewan growers and get fresh, local
produce!

LOCAL & FRESH WWW.
LOCALANDFRESH.CA

Local & Fresh is growing the size and sustainability of Saskatchewan's food network by making it easier for people to eat local. Produce comes from farms and year-round greenhouses in the province, and is then delivered to farmers in Regina.

BODY FUEL ORGANICS: WWW.BODYFUELDELIVERYSYSTEMS.COM

Body Fuel offers pre-selected organic produce bins of varying sizes and prices. Produce comes from Swalesherwen as much as possible in the summer season. Deliveries are available in Region: White City and Hildesheim.



Garlic scape is the swelling part of the garlic plant which is attempting to flower. It appears about one month before garlic harvest. It's cut off so the bulb continues to grow. They're love scapes since they're like garlic chives, use with onions and anything that requires some pungent garlic. Photo courtesy Ray But-Hill.com/STAN

[illegible]

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WINE WORLD

#SASKATCHEWAN WINE SCENE

Adding bubbles makes any occasion a celebration

By James Romanow

About a month ago, I was introduced to a fine red wine by Bill Barlow at Mania's in Saskatoon. Bill runs his wine list the same way he runs his restaurant, with understated ease. I asked him where he got the wine so he is not shy about special ordering wines. I was shocked to discover that just as on the SAQA general list, and I had someone overlooked it!

You can now buy it at your corner SAQA and you can ask for domain's Mania's the liquor or in Redwines, stock the stuff. If they don't stock it, they're missing a beat.

Sparkling wine is a great food accompaniment, going with pretty much everything. Right now, Lanson means are popping up as every thinking wino is a key list. They are expertly made and great to drink. And of course, the addition of a few bubbles makes any occasion something to celebrate.

Premiere is a light, thoroughly drinkable sparkling wine with a flourish and complexity different from Champagne. Blancquette de Lanson depends on the vintage variety for the more flavour. (We can also find Cremant de Lanson which was the more familiar chateau and then blanc.)

Traditionally vinified means are small, and taste almost like cider. Most of this stronger flavour set has been attenuated by modern



wine making. However, it's fun to try to find the scent of a fresh cut lawn that many people ascribe to the wine.

The palate still has traces of apple, but these days it's a little more floral too with a very fresh, almost lemony palate, and a quiet hint of banana on the finish.

Premiere Blancquette de Lanson 2012
\$22.95

More wine in Monday's paper and on Twitter @jorbanov.

Crossword/Sudoku answers

FEDORAS	USE	OPS
EPISODE	SPILLIT	
DIVISOR	MONOSKI	
CARIBBEAN	QUEEN	
INE	AIG	INST
AWLS	ISLERS	
CHI	TIDY	BACKUP
DOMESTIC	WORKERS	
CANALS	HOLDERS	
APRAHAI	PLAT	
SAWN	GOI	NIO
PREDATOR	DRONES	
RENEGED	AMSCRAY	
ANDREAS	BEHIVE	
TAY	SLY	STROKES

2	6	4	3	5	9	7	8	1
7	3	8	6	2	1	9	5	4
5	1	9	4	8	7	6	2	3
1	4	3	2	9	5	8	6	7
8	2	6	7	1	4	5	3	9
9	5	7	8	3	6	4	1	2
3	7	5	9	6	2	1	4	8
6	9	2	1	4	8	3	7	5
4	8	1	5	7	3	2	9	6

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SPORTS MEMORABILIA SALE

BY ROB VANSTONE & AL DRIVER



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